

# Increasing Your Breastmilk Supply

Many women have problems with low milk supply from time to time. The most common reason for low milk supply is lack of demand (not nursing or pumping often enough or long enough). Do not get discouraged. There are many things you can do to boost your milk supply.

## BREASTFEED AND PUMP

- ◆ To increase your milk, you need to empty your breasts often and completely. For a time, you may need to combine breastfeeding and pumping.
- ◆ If your baby is nursing, breastfeed as often as your baby will take the breast-try for every 2 hours during the day.
- ◆ Pump both breasts after breastfeeding.
- ◆ Don't go longer than 5 hours at night without breastfeeding or pumping.
- ◆ Pump or breastfeed after skin-to-skin time with your baby.
- ◆ Massage breasts before pumping. Hand express after pumping. Hand expression can dramatically increase milk supply.
- ◆ Try power pumping at least once a day to help boost your milk-making hormones—pump 10 minutes, rest 10 minutes, pump 10 minutes, rest 10 minutes, etc. for one hour.

## WHAT ELSE CAN I DO?

- ◆ Drink 6-8 full glasses of water or juice daily.
- ◆ Try to eat at least 3 healthy meals and 2 protein snacks each day.
- ◆ Go to bed early and take naps during the day if possible.
- ◆ Ask for help with daily tasks to allow you to rest more.

## MORE TO KNOW.....

- Some medications can cause low milk supply. Check with your breastfeeding expert about any medications you are taking.
- Birth control with estrogen can lower breastmilk supply. Talk to your doctor about your options for birth control.
- Consider taking fenugreek or blessed thistle. These herbs seem to increase milk supply and the rate of milk flow.
- Learn how to hand express. View video at: <http://newborns.stanford.edu/Breastfeeding/HandExpression.html>

For more information call: